

MOVE!

Old Habits Die Hard....



You have indicated that strong daily eating habits or a daily routine that doesn't include time for any physical activity may get in your way of changing your eating patterns or getting around to doing any exercise. You know, it seems like habits just take on a life of their own! Once you get into a routine, it becomes automatic, and it's easier to just keep doing it rather than change. Of course, in order to lose weight, some things are going to have to change (such as eating until you are stuffed). Period. And YOU CAN!! Here are some tips to help you change old habits:

- First step-- make yourself become aware of your actions. When something is no longer automatic, you can change it.
- Keep a record of whatever it is you want to change. For example, write down what you eat and drink. Everything that goes in your mouth! Also write down the circumstances, so that you can figure out what sets it off. For example, eating cookies may be set off because you were bored, or because you sat down to watch TV, or because it had been a long time since you ate anything. Figure it out.
- Purposely begin to avoid situations that set off the old habit, such as extra eating, laying around instead of exercising, or doing the same old thing.
- Put up some reminders where you will notice them. Maybe on the refrigerator, on the table, in your car, on the bed, wherever... Pay attention to them.
- Write out a new daily schedule, and try it out. Keep messing with it until you find what works.
- Practice makes perfect. If you just keep doing a new something for awhile, it too will become a habit. A good one, we hope!